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# Edmonton metro

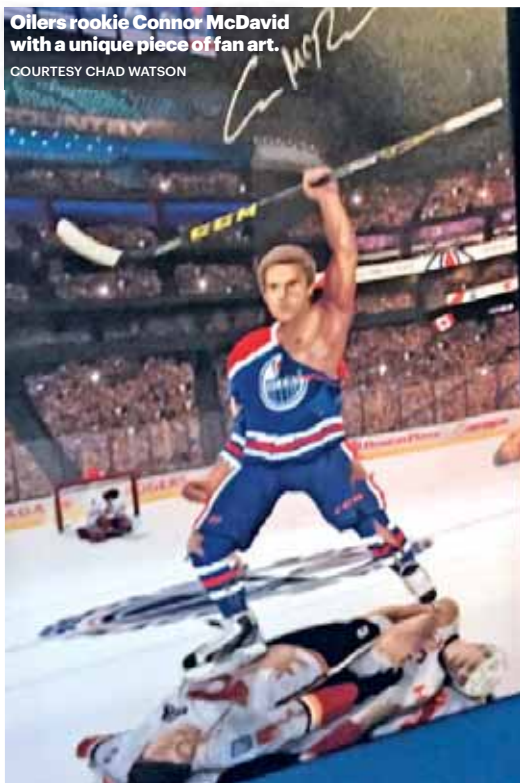


Your essential daily news | THURSDAY, JANUARY 7, 2016

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Oilers rookie Connor McDavid  
with a unique piece of fan art.  
COURTESY CHAD WATSON



Fan creates  
one-of-a-kind  
McDavid treasure  
**metroNEWS**

## OILER ON CANVAS

## Youth nutrition scores low grade

### EATING WELL

**"C" rating due to  
lack of access to  
healthy options:  
U of A report card**



**Sanam  
Islam**  
Metro | Edmonton

When it comes to nutrition and providing children with a healthy food environment, Alberta isn't making the grade.

The province was given an overall "C" rating by the University of Alberta's first-ever report card on the subject.

"Most parents want their kids to eat well, and kids also probably want to eat well, but in many cases there are barriers to doing that. It might be cost, lack of availability or the marketing of unhealthy foods," says Kim Raine, a public health professor at the university and co-lead on the project.

The report card, which will be published on an annual basis, looked

at 41 indicators from four key perspectives: the availability of food, marketing of food products, the cost of food and attitudes about food.

Messaging about food, as well as the lack of healthy food options in schools and recreational facilities, were particularly worrisome.

Only about 60 per cent of food found at schools met Alberta's nutrition guidelines for children, while at recreational facilities, only 30 per cent of food was considered healthy.

"It's a good thing that Alberta has dietary guidelines for children, but they are not mandatory," Raine says. "Only some schools have taken them on, and they're far from mandatory at recreation facilities."

"You take your kids to a rec centre to be active and healthy, but then they finish their hockey game and have deep-fried foods and pop as a reward. It doesn't make sense," she says.

Raine says she hopes the report card results will encourage parents to advocate for healthier options in settings such as rec facilities.

She also hopes it will encourage policy makers to consider making Alberta's dietary guidelines mandatory.



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CREW 4X4 SLT**  
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## UNIVERSITY OF ALBERTA

### Students get to chime in



**Alex Boyd**  
Metro | Edmonton

The University of Alberta Student Union wants to make sure that student voices are heard in the school's new roadmap that will shape decisions on campus for years to come.

When the planning process for the Institutional Strategic Plan was launched in November, university officials called it "the single most powerful tool for building a shared vision, enabling co-ordinated efforts and maximizing finite resources."

For the first time the university is asking for extensive input from students and staff.

"In my five years on campus I haven't seen anything like this," said Fahim Rahman, the SU's vice-president (academic.) "I do think there's a strong emphasis on making sure every voice is being heard."

The student's union completed their submission on Wednesday, and focuses on affordability, teaching, learning opportunities outside the classroom and building the campus community. Rahman says they consulted with other faculty-specific student groups to write it.

It recommends measures like increasing the number of courses taught using Open Educational Resources, or research materials in the public domain that can be used freely.



An ice carver works on a piece that will be on display at this weekend's festival. KEVIN TUONG/FOR METRO

## Embracing the chill

### DEEP FREEZE

#### Festival celebrates city's cultures

**Lucy Haines**  
Metro | Edmonton

The Deep Freeze Byzantine Winter Festival on Alberta Avenue has been cool (no pun intended) for nine years, long before Edmonton embraced the 'winter city' moniker.

Organizers of this weekend's celebration of Ukrainian, Francophone and Aborig-

inal cultures are happy to go with the momentum created most recently by the ice castle in Hawrelak Park and the Edmonton Freezeway in the river valley.

"In the past, the winter city idea has been tapping along, but now it feels like it's thumping," said Deep Freeze artistic director Christy Morin.

Susan Holdsworth, of Edmonton's winter city initiative, called Deep Freeze "a city gem. It's part of what transforms us into a great winter city — it encourages us to get out and play," she said.

"And it's popular because it embraces our roots — this

area of Alberta Avenue has always been home to newcomers, from Ukrainian and Eastern Europeans to Franco-Canadian and Franco-Africans," Morin said. "And we want to honour our place on Treaty 6 land, so the festival offers storytelling, snowshoeing and bannock-making."

Local Metis actor Sheldon

Elter brings the tradition of storytelling to the free weekend fete, though he said he wants a crack at the best-ever tourtiere competition too.

"The meat filling and spices are important, but I want to see a crust that's just as incredible," laughed area-resident Elter, adding that Deep Freeze is a culturally-diverse festival. "When it's so darn cold out, what else are you going to do?"

"Though this year's festival celebrates a winter wonderland fairytale with fairies, elves and ogres, the Vikings haven't gone too far either," said Morin. "It's a joyous, free event—an added way to celebrate the New Year."



**The winter city idea ... now it feels like it's thumping.**

Christy Morin

### KEYSTONE XL

#### Rejection draws legal salvo

TransCanada launched a double-barrelled legal salvo Wednesday against the U.S. government over its rejection of the company's proposed Keystone XL pipeline.

The company said it intends to file a claim under Chapter 11 of the North American Free Trade Agreement in response to the decision, which it called arbitrary and unjustified.

The Calgary-based firm said it will be looking to recover \$15 billion US in costs and damages as a result of what it says is a breach of NAFTA obligations.

TransCanada alleges that, as a signatory to NAFTA, the U.S. government failed in its commitment to protect Canadian investors and ensure the company was treated in accordance with international law.

In its notice of intent to initiate the NAFTA claim, TransCanada said that the U.S. government concluded five times that the pipeline would not have a significant impact on greenhouse gas production, but still rejected the pipeline to appear strong on climate change.

TransCanada said it has also filed a lawsuit in the U.S. Federal Court in Texas asserting that President Barack Obama's decision in November to deny construction of Keystone XL exceeded his power under the U.S. Constitution.

The White House and the State Department both declined to comment on the lawsuit or the NAFTA challenge.

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# Meet Wayne Arthurson, new writer in residence

## Q &amp; A

## Library to host indigenous author



**Sanam Islam**  
Metro | Edmonton

The Edmonton Public Library recently welcomed two new writers in residence, including Wayne Arthurson. Arthurson is an award-winning indigenous crime writer with nine books to his name.

He's also a drummer in a local band, an Amazing Race blogger, and a former clown. Metro spoke with Arthurson to get to know him better and find out his plans for the year ahead.

### What do you want to accomplish as EPL's new writer in residence?

My plans are to finish two novels; one of them is the fourth book in my Leo Desroches mystery series, and the second one is for a new historical crime series that's coming out this fall. I'll also be helping writers with their work, and I'm setting up some workshops, including a songwriting one in March.

### Can you tell us more about that?

Mike McDonald from the Jr. Gone Wild band is going to talk about how he writes songs. People will write songs and then go and record them. I don't write songs myself, but I think songwriters are writers as well, so I thought I'd expand the definition of "writer."

### I hear you're also setting up a graphic novel workshop. What's your experi-

ence with that, and what will happen in the workshop?

I'm working on a graphic novel right now with a friend of mine. My role will be talking about writing graphic novels and how we design our novels. My artist will show how he draws it by hand, scans it into his computer and then does all the colouring there.

### Many of your novels, including upcoming ones, are set in Alberta. Why?

My Leo Desroches series is about a journalist with a gambling problem, and it's inspired by various people I knew here in the journalism field. Most of the issues I deal with are also indigenous issues, so being an indigenous author I wanted to bring some of them to the forefront by basing them in Alberta.

### Why did you decide to blog about The Amazing Race?

My friend and I are big fans of the show, so when the Canada one started, we started a blog. We've been doing it for three seasons. We've interviewed the teams and the producers, and gotten quite popular. It's part of our plan to apply to the show.

### Finally, what was it like being a semi-professional clown?

It was a long time ago; I was unemployed at the time, and it was something to do to make money. I took clowning workshops and was hired at various places. After a while, I realized why Krusty the Clown is really crusty. It was insane. It's too hard being exciting all the time, so I got another job and moved on.

*This interview has been edited and condensed.*



Wayne Arthurson will be working on two novels and mentoring writers at the Edmonton Public Library. KEVIN TUONG/FOR METRO

## BIODIVERSITY

## Listening to climate change



**Alex Boyd**  
Metro | Edmonton

If a tree falls in the forest, a University of Alberta researcher just might hear it.

Erin Bayne, an associate professor of biological sciences, is behind a new initiative to use bio-acoustics technology to record the soundscapes of Alberta, in what he hopes will become a new way to study wildlife.

"Technology has changed the way we survey for wildlife," he said. "If it makes a sound, we can count it. This is giving us a whole new insight into animal behaviour."

Audio recording may not be new, but the efficient batteries and low-cost materials required to build a recording device you can strap to a tree and leave for a year, are.

Working in partnership with the Alberta Biodiversity Monitoring Institute, Bayne now has about 700 recording devices. He'll start placing them for the year next month — in time to capture the owls who start to vocalize in late winter — and take them down in fall, after they've recorded mating season for elk and deer.

Bayne said nature is a surprisingly noisy place — Alberta has between 400 and 500 species that can be heard by his equipment, and there's a lot of variation.

"June 1 at 5 a.m. sounds very different than the same spot in July at 2 p.m.," he said.

The advantage of this system is it's a consistent way of tracking wildlife and isn't dependent on human observation, meaning species that signal at 2 a.m. will be monitored as often as those that are active at noon.

Bayne said this will be especially helpful in tracking the effects of climate change, which will impact things like animal range and migration.

Now, the challenge becomes figuring out how to interpret all this new data. Bayne says he's got people trying to teach computers how to listen to the audio.

"Just like Google Translate turns Russian into French, we're trying to teach computers things like what a barred owl sounds like, and what a barred owl sounds like when it's windy, and what a barred owl sounds like with a chickadee in the background."

They're also working on a new website where, eventually, all the files will be uploaded, so anyone can go online and hear, for example, what a specific forest sounds like at dawn.

## DIVERSITY

## Ukrainian influx holds clues on immigration patterns

Thousands of Edmonton's Ukrainian families celebrate Orthodox Christmas this week, many with the traditional Sviata Vechera, or a 12-dish meal on Christmas Eve.

It's a tradition that goes back a long way, and 2016 marks a milestone for Canada's Ukrainian community — 125 years ago the first influx of Ukrainians, both Orthodox and Catholic, arrived in the country, in what would be the first of four major waves of immigration.

Now, a researcher from the University of Alberta says the

history of the Ukrainian community could have lessons for handling modern influxes of immigrants.

"You've got families who have arrived here 125 years ago, and people who arrived here five years ago, so you've got this incredible span that can be mined for best practices," says Natalie Kononenko, the Kule Chair in Ukrainian Ethnography at the University of Alberta.

Kononenko is with the Spiritual Heritage Documentation Project, which means she's spent the last six years

driving across Alberta to document Ukrainian religious history across the province.

When she first arrived in Edmonton 11 years ago she was amazed by Edmonton's unique meld of Ukrainian and Canadian: the casual references to pysankas and babas, the thriving dance troupes and the Cheemo perogies in every grocery store.

"You probably couldn't sell perogy pizza in the U.S.," she says.

Alberta and Edmonton have one of the biggest Ukrainian diaspora communities in the

world — in 2011, more than one in 10 Edmontonians identified as being of Ukrainian descent.

But 125 years ago, the Ukrainians drawn by western Canada's abundant farmland were among the first to negotiate what it meant to be ethnic and Canadian, Kononenko says. She suspects part of their success lies in that willingness to embrace both.

"They had a willingness to work but also to hold onto your identity," she says, "to assimilate and still be you."

ALEX BOYD/METRO



Natalie Kononenko interviews someone for the Sanctuary Spiritual Heritage Documentation Project.

CONTRIBUTED



The Ride app currently works with Co-Op taxi, but is set to expand to several other firms. SUPPLIED

# App aims to be Uber competition

## TECHNOLOGY

**Program will also improve taxi dispatch service: CEO**



**Ryan Tumilty**  
Metro | Edmonton

A new taxi app aims to deliver the same convenience Uber provides to consumers, but without the surge pricing.

Nick Quain, CEO of Cellwand, the company behind the new "The Ride" app and the #TAXI phone service said his new app will help users connect with an cab anywhere.

"The app is a national taxi app, so for the first time you have one app that will get you a taxi across the country," he said.

The app, which launched in December, already has Edmonton's Co-Op taxi and is set to add the Edmonton Taxi Group, which runs Yellow Cab, Barrel Taxi, Checker and Prestige cabs.

Quain said the app allows you to hail a cab with the touch

of a button, see how far away your vehicle is and will soon allow you to pay with a stored credit card.

He said the stumbling block to the payment issue is just making sure drivers are aware they've been paid.

"We can't just roll it out without that driver education," he said.

His app will also improve taxi dispatch service, Quain argues, because it will connect people not just to one company's fleet, but to every taxi on the road.

"That allows us to be an honest broker. It's a meritocracy," he said.

He said some cab companies have dispatch systems that could be improved, with a greater focus on the closest available vehicle.

He said he hopes companies will adapt to what the app is looking for, which is the closest cab.

"As time goes on we can also manage how different fleets dispatch vehicles," he said.

The app also provides transit information and Quain hopes to include car-share options and other services.

He said it allows the user to see in one glance what their best option is.

## RIDESHARING

# Aviva Insurance offers options for Uber drivers

The insurance gap Uber drivers have been cruising around could be filled with a new policy from an Ontario company.

Aviva Insurance announced Monday that it would be adding a new offering to drivers to allow them to operate as ride-share vehicles.

"Clearly there is a customer need and that's why we are there. There is also definitely a gap in coverage that is currently available," said company spokesman

Glenn Cooper.

Cooper said ride-sharing is likely only to continue to grow.

The company cancelled some of its customers' coverage last year when it discovered they were working for Uber, but said it now wants to find a way to bring these people into the fold.

He made it clear driving for a ride-share firm without appropriate insurance voids the existing coverage.

The company's new policy,

which should be available in Ontario in February and will expand across the country after that, allows personal drivers to add coverage for up to 20 hours of ride-share driving per week.

"We understand that most ride-sharing drivers are doing this on a part-time basis," said Cooper.

Personal insurance policies don't cover drivers who are engaged in commercial activities and taxis carry much more ex-

pensive commercial insurance.

The city's proposed Uber by-law would require drivers to carry a type of insurance that is acceptable to provincial regulators. Coun. Andrew Knack said it's good a private company is taking up the challenge, but his focus is on ensuring everyone is safe and adequately covered.

"I think that is a step that really needs to be taken, but the bylaw would be in place either way." RYAN TUMILTY /METRO

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## CANCER TREATMENT

# Bo OK'd for U.S. clinic



**Jeremy Simes**  
For Metro | Calgary

It's Bo Cooper's last chance to become cancer-free.

Cooper, a 26-year-old Fort McMurray firefighter, is on his third bout with acute lymphoblastic leukemia. On Tuesday, he learned that doctors at the National Institutes of Health Clinical Centre in Maryland have accepted him into a trial program for the CAR T-Cell immunotherapy.

The family has been in Maryland since Dec. 18, waiting to see if Cooper is a suitable candidate for the treatment, according to family spokesman Rob Van Hecke, a captain with the Fort McMurray Fire Department.

"He's had a lifetime dose of chemo and the number of times he's received radiation is getting high," he said. "There are no options left in Canada for him."



**Bo Cooper, 26, is a Fort McMurray firefighter.** CONTRIBUTED

“

**There are no options left in Canada for him.**

Family friend Rob Van Hecke

The therapy requires doctors to collect T-cells — white blood cells that attack cells infected with microbes they deem foreign — from cancer patients. The cells are then taken to a

lab where they're engineered to grow receptors that recognize tumour cells. Once T-cells multiply, they are then injected back into the patient to hopefully destroy the cancer.

"We're cautiously optimistic," Van Hecke said.

Thanks to fundraising efforts, the Coopers managed to raise \$600,000 for his trip to Maryland.

The family expects to see the result of the test by the end of next week.

# Oilers fan proud of unique painting

## MEMORABILIA

**Lurid work shows McDavid lording it over the Flames**



**Ryan Tumilty**  
Metro | Edmonton

Edmonton Oilers fan Chad Watson set out to get a unique piece of team memorabilia. It would be hard to argue he failed that mission.

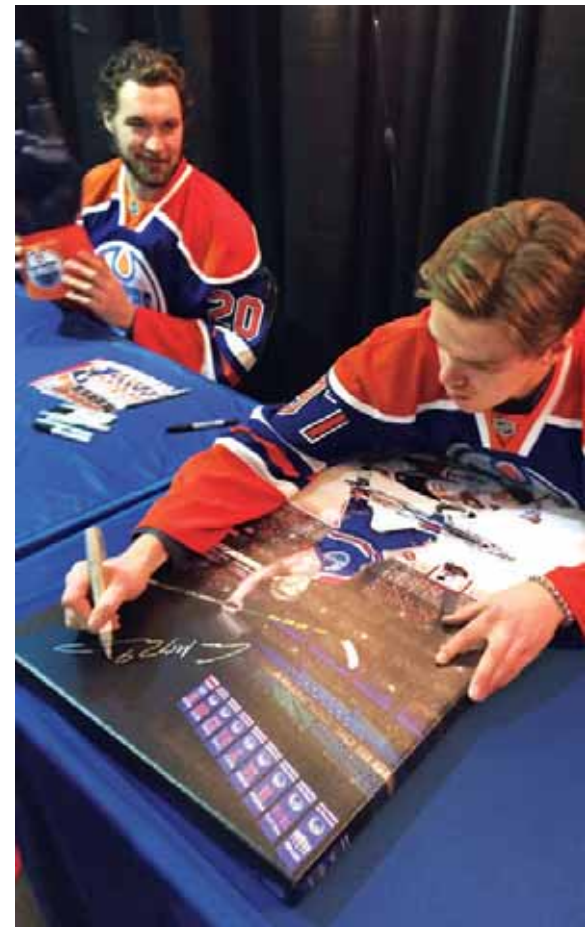
The Fort McMurray man commissioned an oil painting of rookie Connor McDavid, but it's not just any painting.

The piece features McDavid at centre ice, standing atop a mass of defeated Calgary Flames, holding his stick over his head with his jersey ripped to display a muscular chest.

"It's an individual item. No one else has it — it's all mine," Watson said of his piece. Watson worked with a painter in Serbia, over the Internet, to complete the masterpiece, drawing on a poster from the National Lampoon series.

"I wound up sending her about 20 or 30 different pictures, starting off with the National Lampoon and then a headshot of McDavid and then some jersey shots."

Watson said the details were important. The scoreboard shows a 5-1 tally, a reference



**Connor McDavid signs the painting.** COURTESY CHAD WATSON

to the difference in Stanley Cups between the Oilers and Flames, and the crowd in the background is based on renderings of Rogers Place.

Watson had McDavid sign the painting at an event over the holidays. He said the talented rookie took the painting in stride.

"He was laughing about it the whole time, just a big smile on his face," said Watson.

Watson's collection also includes jerseys denoting every year the Oilers have won the cup, which he has attempted to have signed by every member of those teams. He said collecting, to him, is about having a one-of-a-kind treasure.

"To me it's something a lot neater to have something like that than to have something anyone can just pull off the shelf."

**5-1**

**Tally on the painting's scoreboard, referring to the number of Stanley Cups the Oilers and Flames have each won.**

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## SERIOUS INCIDENT RESPONSE TEAM

# RCMP cleared in fatal shooting

A police watchdog says a suspected robber — shot and killed by RCMP outside a convenience store in northern Alberta — wanted to die.

The Alberta Serious Incident Response Team says in a release that the 19-year-old man planned the confrontation with Mounties in Grande Prairie on Jan. 2, 2015.

It says he armed himself with an unloaded pellet gun that looked like a real handgun and then ordered the store

clerk to call police.

The man later released the worker and, over the phone, warned officers that he had a gun and would kill officers if they did not shoot him first.

When he came out of the store, he aimed at an officer, who shot the man in the stomach and legs.

He later died in hospital.

The agency's executive director says a review of the shooting determined officers at the scene lawfully did their job.

"The available evidence paints a clear picture of a young man who wished to die at the hands of police and who carefully orchestrated a confrontation which left police with little alternative but to respond with lethal force," said Susan Hughson.

"The evidence also establishes that, despite clear statements to the contrary, the man never wished harm to come to anyone other than himself."

THE CANADIAN PRESS



## ABORIGINAL ISSUES

## Families meet to talk about coming inquiry

The families of missing and murdered indigenous women and girls have been gathering for years — to share their stories, support each other and call for action — but this time was different.

Now that the federal government has committed to holding a national inquiry into the more than 1,200 First Nations, Métis and Inuit women and girls who have been murdered or gone missing in Canada, families came together in Thunder Bay Wednesday to share their hopes and fears of what it should set out to achieve.

"A lot of people were feeling that they were finally going to have an opportunity to

have some closure," said deputy grand chief Anna Betty Achneepineskum of Nishnawbe Aski Nation, which represents 49 First Nations in northern Ontario.

"Maybe the justice may not take place, but I think even being provided an opportunity to be heard on their concerns and having an opportunity to change the present process," said Achneepineskum, who was at the pre-inquiry consultation meeting Wednesday afternoon.

Cabinet ministers are scheduled to hold similar meetings in Yellowknife, Whitehorse, Vancouver, Prince George, B.C., Halifax, Quebec City and Montreal before the end of the month.

TORSTAR NEWS SERVICE

## SOCIAL MEDIA

## Shovelling trio don't miss an African beat

For Richard Laubonet, the important thing in life is to put joy in everything you do.

And that's exactly what the African dance and fitness instructor did when he and two friends picked up shovels to clear an area of a park in north-end Montreal.

In a video that has since garnered almost 380,000 views on Facebook, Laubonet and friends Kevin Noah (from Cameroon) and Abdul Somade (from Togo) fling heaps of snow over their shoulders in a choreographed dance set to African music.

They laugh and sing and use their shovels as props while moving in unison in the impromptu dance in the snow.



Montreal trio dance while moving snow. SCREENSHOT

"I'm still blown away. I just can't believe it," Laubonet said about the response the video has received.

Laubonet said he saw that a children's play area was covered in snow and asked his friends to clear it with him so kids could have access. TORSTAR NEWS SERVICE



## WILDLIFE

## Who's white, black and cute all over?

Newly named male polar bear cubs York and Eli are shown at Winnipeg's Assiniboine Park Zoo. The zoo says York refers to York Factory First Nation, which has traditional lands that include important polar bear denning habitats. Eli is named in honour of an elder from the First Nation that lived and hunted in the area between the Nelson and Hayes Rivers.

HANDOUT/ASSINIBOINE ZOO/  
THE CANADIAN PRESS

# Ottawa faces heat for Tories' IT rules

## CONSTITUTIONAL CHALLENGE

## Decision took away ability of courts to select own purchases

Newly released documents show the country's highest court is ready to launch a legal battle with the federal government over new IT rules which the Supreme Court of Canada fears would threaten its independence.

The Supreme Court is not alone in these concerns: the Federal Court, Federal Court of Ap-

peal, Court Martial Appeal Court and Tax Court are all prepared to launch a constitutional challenge against having the government's super-IT department involved in their digital affairs.

The federal Liberals are now left to decide how to handle an issue created by a decision of the previous Conservative government that came into effect during the federal election.

That decision forced the courts to go through Shared Services Canada for all IT purchases, such as servers, routers and software, rather than letting them make the procurements on their own. The courts had that

power until Sept. 1, when the new rules kicked in and made them a "mandatory client" of Shared Services Canada, which oversees purchases and digital services for 43 of the heaviest IT users in the federal government.

The move approved by the Conservative cabinet in May 2015 was supposed to save money, since Shared Services Canada buys in bulk for the federal government, and improve digital security, because Shared Services Canada buys from safe suppliers.

Briefing material provided to Prime Minister Justin Trudeau shortly after he took office shows the courts were worried that hav-

ing a government department involved in their IT services "and the perceived implications for control of their data" infringed on judicial independence.

"They must maintain control of their data, not only because of concerns about confidentiality, but also because an independent judiciary cannot tolerate having its sensitive information controlled by a separate branch of government," reads part of Trudeau's briefing on urgent issues facing the new government.

If the government doesn't backtrack, judges "are prepared to take legal action," Trudeau was warned. THE CANADIAN PRESS

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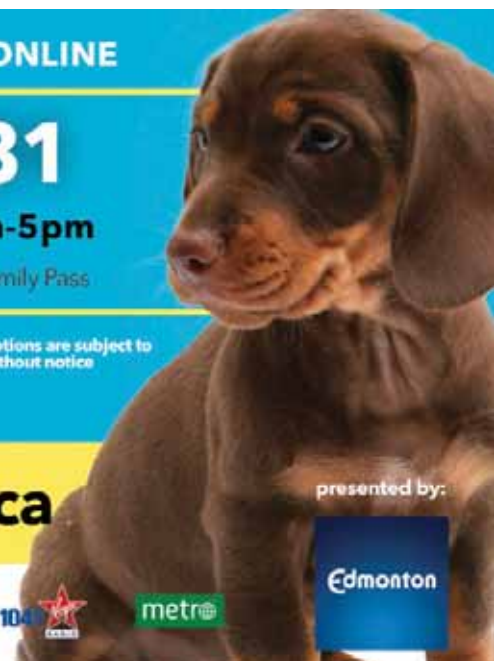


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# H-bomb threat provokes world

## INTERNATIONAL SECURITY

### North Korea condemned globally for its actions

Soon after the ground shook around its nuclear testing facility, North Korea trumpeted its first hydrogen bomb test — a self-proclaimed “H-bomb of justice” that would mark a major and unanticipated advance for its still-limited nuclear arsenal.

The announcement Wednesday by the defiant, impoverished country was met with widespread skepticism, as well as a strong condemnation by the UN Security Council, which said it would begin work on a resolution for new international sanctions.

North Korea’s fourth nuclear test likely pushed its scientists and engineers closer to their goal of building a warhead

small enough to place on a missile that can reach the U.S. mainland. But South Korea’s spy agency thought the estimated explosive yield from the blast was much smaller than what even a failed hydrogen bomb detonation would produce, and the White House said its early analysis of underground activity “is not consistent” with the North’s claim of a successful H-bomb test.

There was high-level concern in Seoul and elsewhere. South Korean President Park Geun-hye ordered her military to bolster its combined defence posture with U.S. forces. She called the test a “grave provocation” and “an act that threatens our lives and future.” Japanese Prime Minister Shinzo Abe said, “We absolutely cannot allow this.”

U.S. Defence Secretary Ash Carter spoke by phone with his South Korean counterpart Han Min-Koo, and they agreed that a North Korean nuclear



**We absolutely cannot allow this.**

Japanese Prime Minister  
Shinzo Abe

test would be an “unacceptable and irresponsible provocation,” according to Carter’s spokesman, Peter Cook.

North Korea goes to great lengths to conceal its tests by conducting them underground and tightly sealing off tunnels or other vents through which radioactive residue could escape.

A successful H-bomb test would be a big advance in North Korea’s nuclear weapons program.

Fusion is the main principle behind the hydrogen bomb, which can be hundreds of times more powerful than atomic bombs that use fission.

THE ASSOCIATED PRESS



## ROYAL FAMILY

### Young prince has class

The heir to the heir to the heir to the British throne has started nursery school.

Prince William and his wife Kate marked the occasion by releasing two photographs of two-and-a-half-year-old George outside the school building.

The royal couple had earlier announced he would be attending Westacre Montessori School in Norfolk, 180 kilometres north of London.

The school has said he will receive the same treatment as other pupils.

THE ASSOCIATED PRESS



Prince William and wife Kate released these images of son George on his first day at school. CONTRIBUTED/AFP/GETTY IMAGES

## UNITED STATES

### Gun measures fall short

The gun control measures a tearful President Barack Obama announced Tuesday would not have prevented the slaughters of 20 first-graders at Sandy Hook Elementary School in Newtown, Connecticut, or 14 county workers at a holiday party in San Bernardino, Calif.

Obama’s executive action expands mandatory background checks to gun shows, flea markets and online sales, adds more than 230 examiners and staff to help process them and calls on states to submit accurate and updated criminal history data.

Those measures are seen as crucial to stemming gun suicides — the cause of two-thirds of gun deaths — by blocking immediate access to weapons. But an Associated Press review shows they would have had no impact in keeping weapons from suspects in several of the deadli-

est recent mass shootings. The shooters at Sandy Hook and San Bernardino used weapons bought by others, shielding them from background checks. In other cases, the shooters legally bought guns.

In Aurora, Colo., and at the Navy Yard in Washington, D.C., men undergoing mental health treatment were cleared to buy weapons because federal background checks looked to criminal histories and court-ordered commitments for signs of mental illness. The suspect in a shooting at a church in Charleston, S.C., should have been flagged at the time, but errors and delays cleared the way for his purchase.

Obama rejected the idea that undermines the changes are not worth pursuing.

“We maybe can’t save everybody, but we could save some,” Obama said. THE ASSOCIATED PRESS

## IN BRIEF

### Iraq offers to mediate

Iraq has offered to mediate between Saudi Arabia and Iran after tensions soared following the kingdom’s execution of a Shiite cleric. Iraq’s Shiite-led government relies on Iranian help to battle the Islamic State group, but is also trying to repair ties to oil-rich Saudi Arabia.

THE ASSOCIATED PRESS

### Violence shortens life expectancy in Mexico

A new study suggests that at its peak, Mexico’s drug violence was so bad it caused male life expectancy to drop by months. Experts say from 2005-2010, homicide rates increased from 9.5 homicides per 100,000 people in 2005 to more than 22 in 2010. It’s now 16 per 100,000 in 2014. THE ASSOCIATED PRESS

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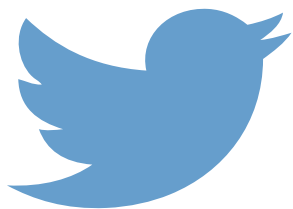


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# Twitter is not wedded to the 140-character limit

## SOCIAL MEDIA

### CEO tweets screenshot of 1,325-character message

Twitter appears ready to loosen its decade-old restriction on the length of messages in a bid to make its service more appealing to a wider audience accustomed to the greater freedom offered by Facebook and other forums.

CEO and co-founder Jack Dorsey telegraphed Twitter's intentions in a tweet posted Tuesday after the technology

news site Re/Code reported the company is exploring increasing its limits on text from 140 characters to as many as 10,000.

Dorsey didn't directly address the Re/Code report that cited unnamed people, but he made it clear that Twitter isn't wedded to the 140-character limit. He illustrated his point by posting a screenshot of a text consisting of 1,325 characters.

If Twitter were to allow tweets to span 10,000 characters, it could produce 1,700-word dissertations, based on the size of Dorsey's extended post. In his message, Dorsey wrote that Twitter has already

noticed that many of its roughly 300 million users already have been including screenshots of lengthy texts in their tweets. He indicated Twitter is examining ways to give people more room to express themselves without polluting the service with gasbags.

Imposing some restraint "inspires creativity and brevity. And a sense of speed. We will never lose that feeling," Dorsey pledged.

At the same time, Dorsey said Twitter isn't "going to be shy about building more utility and power into Twitter for people. As long as it's consistent with what people want to do, we're going to explore it."

Analysts said Dorsey is probably trying to avoid a backlash among long-time Twitter users who consider the 140-character tweeting limit sacred. At the same time, he needs to respond to company share-



**Twitter co-founder and CEO Jack Dorsey** telegraphed that change is coming in a tweet on Tuesday. THE ASSOCIATED PRESS FILE

holders pining for a bigger audience that would generate more advertising revenue.

More revenue eventually could help Twitter turn a profit for the first time in its history.

Twitter can't afford "to become stagnant, they need to get bigger if they want to build a more relevant advertising platform," said Topeka Capital Markets analyst Blake Harper.

After a long streak of robust growth that turned it into one of the Internet's hottest companies, Twitter's growth has slowed dramatically during the past year-and-a-half to leave it scrambling to catch up with social networking leader Facebook and its 1.5 billion users.

The pressure has been building on Dorsey to take drastic measures to accelerate user growth as Twitter's stock has sunk further below its November 2013 initial public offering price of \$26 US. The shares shed 64 cents Tuesday to close at \$21.92, a decline of nearly 40 per cent from where they stood from when Dorsey became CEO last summer.

THE ASSOCIATED PRESS

**“As long as it's consistent with what people want to do, we're going to explore it.”**  
CEO and co-founder Jack Dorsey in a message



**Netflix CEO Reed Hastings** delivers a keynote address at CES 2016 at The Venetian Las Vegas on Wednesday in Las Vegas. ETHAN MILLER/GETTY IMAGES

## STREAMING VIDEO

### Netflix in 130 more countries

Netflix has already crossed off the biggest item on its New Year's list of resolutions. The Internet video service debuted in 130 countries Wednesday in a surprise move likely to reel in millions of new subscribers.

CEO Reed Hastings revealed the scope of Netflix's expansion at the end of a presentation in Las Vegas at CES, one of the technology industry's marquee events.

"You are witnessing the birth of a global TV network," Hast-

ings crowded on stage.

The news caught almost everyone off guard because Netflix had previously set a goal of being available in most of the world by the end of this year. It looked like the Los Gatos, California, company had plenty of work ahead it because it ended December in 60 countries.

Now, Netflix is available in 21 different languages and streaming in just about every market that it had in its sights,

with the notable exception of China, the world's most populous country. Entering China may be a formidable challenge requiring potentially prickly negotiations with a government that blocks its citizenry from seeing material it considers objectionable or incendiary.

Netflix currently has no plans to push into North Korea, Syria or Crimea because of restrictions on U.S. companies operating in those countries.

THE ASSOCIATED PRESS

## IN BRIEF

### Bell, iHeartRadio team up

Bell Media said Wednesday that it's pairing with U.S. entertainment broadcaster iHeartMedia to start a free streaming music service that will compete with Apple Music, Spotify and Stingray Music. The early summer launch will connect Bell's terrestrial radio stations to an iHeartRadio app that listeners can access on a wide range of devices.

THE CANADIAN PRESS

### Star Wars unseats Avatar

In just 20 days in theatres, Star Wars: The Force Awakens has unseated Avatar as the No. 1 North American movie of all time. As of Tuesday, the film was just shy of the record at \$758.2 million.

THE CANADIAN PRESS

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# metro VIEWS

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Thursday, January 7, 2016



**ROSEMARY WESTWOOD**

**metroview**

## Charlie Hebdo is just not interesting enough to offend me

Despite being Catholic, I'm not offended by the French satirical magazine Charlie Hebdo's new cover depicting God as a Kalashnikov-wielding terrorist.

I suppose I could be — the Vatican newspaper is — but that would mean taking the editorial position of the notoriously inflammatory publication seriously. And I don't.

To be clear: The attack one year ago today at Charlie Hebdo's Paris offices was unconscionable, as was the subsequent attack on a Jewish supermarket in the city, which together killed 17 people.

But demeaning faith in the most violent pen strokes is the magazine's raison d'être, and so I'm not surprised or offended by Charlie Hebdo marking the anniversary with everything it's got.

According to the Associated Press, the magazine features editorials attacking "university students who wear veils or openly pray in classrooms, hospital patients who refuse medical treatment from someone of the opposite sex and France's intelligence community. Mixed in were blasphemous caricatures targeting a range of beliefs, obscene sketches" and colourful profanity.

One editor wrote the magazine is commemorating colleagues who died "for daring to laugh at religion."

Richard Rohr, a prominent U.S. Catholic priest, has said

he loves when atheists laugh at religions for stories like the Garden of Eden, because "No one believes that." Those stories are metaphors, he says, intended to describe a God who is otherwise indescribable.

Charlie Hebdo's atheism is as simplistic as laughing at a virgin birth. The magazine is practically fundamental in its anti-religious stance. Meanwhile, globally, eight in 10 people identify with a religion.

The magazine doesn't even speak to the more secular western experience of faith. In Canada, for example, fully 73 per cent of people believe in God, though only 30 per cent subscribe to a religion.

Not only does a cover like yesterday's not surprise me, then, it doesn't even stimulate me intellectually. The magazine can heap scorn better than most, but it has a juvenile understanding of that which it hates, and constructs no reasonable alternative.

The magazine makes the mistake of thinking insulting people is, de facto, a worthy goal. And in its commitment to offend and anger strangers, it has something in common with terrorist propaganda videos (on a far lesser scale).

On the other hand, the magazine does support the free movement of ideas by exploring the outermost reaches of free speech.

I'll give it that, and then get on with my faith.

## the big question

# Will Obama's tears endear Americans to gun control?

Well, he's unlikely to sway the NRA, but as far as emotional impact goes, **breaking down on live TV isn't a bad strategy for the president**. Scientists have many theories about why adults cry, given that, unlike children, they can use words to express what's wrong. Some speculate that crying evolved as an "attachment behaviour": It's a way to ask others for help when words fail us. And in fact, some studies suggest that photos of teary faces and sad stories with characters who cry both cause research participants to feel sympathetic sadness and a desire to support and comfort the crying person. If Barack Obama — who choked up Tuesday while enumerating the seemingly endless mass shootings that have rocked the U.S. during his presidency — elicited such empathy in his audience, logically they'd want to support his plan to ensure more gun dealers are licensed and conduct background checks. That's guaranteed to make the gun nuts want to weep.

# Politician + alcoholism does not equal Rob Ford



**Michael Coren**  
For Metro

To state the bitterly self-evident, politics is a dirty business. But there is also a cloak of decorum that sometimes covers the body politic, with journalists respecting the personal struggles and private pain of many of those who govern us.

**There are times when the private and the public mingle to such an extent that we have a right to know.**

I have often been impressed at how what is genuinely important on an individual but not political level has remained confidential.

But there are times, of course, when the private and the public mingle to such an extent that we have a right to know. Newly minted Liberal MP and former broadcaster Seamus O'Regan obviously believed this when he recently announced that he is seeking help in a treatment centre to "live an alcohol-free life." In other words, he struggles with alcohol, and as he begins his new work as a representative of the people, realizes that now is the time to change.

I have good friends who have acted similarly. The treatment can be relatively brief, but it's thorough and tough and the struggle never ends. Yet the hardest

part is over: the admission that there is a problem. It's humbling, frightening and, of course, opens one up to attack. As it most certainly did in this case.

Within hours of the O'Regan's statement, various conservative activists and even columnists and broadcasters were on the offensive, claiming that the man was "a drunk" and digging up criticisms he had made of former Toronto mayor Rob Ford. There's no difference between the two, they argued, but because one is a Liberal and close to Justin Trudeau he's getting an easy ride.

The juxtaposition is fatuous, offensive and downright cruel. I know O'Regan a little and have always found him to be a gentleman, but the greater point is that unlike Rob Ford, he was completely honest about his problem, there is

no police investigation and he doesn't associate with shady characters. There are no manic, racist rants and no embarrassing those people he represents.

Ford used prohibited drugs and repeatedly lied about it. O'Regan drank too much of what is sold on every major street in Canada and told us so. His husband tweeted how proud he was of his decision; Rob Ford is on film offering his wife to another man for sex.

What is remarkable is not how similar, but how different are these two cases. As for those who attacked a man at his most vulnerable, shame on you.

**Michael Coren** is a writer, broadcaster and author of the forthcoming *Epiphany: A Christian's Change of Heart & Mind over Same-Sex Marriage*. Find him on Twitter @michaelcoren.

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# On the topic of Navel Gazing

## WHO IS BLACK?

Michael Ian Black swears that he has “no interest” in celebrity culture. “I hate it,” he said, “maybe because I’m not enough of a celebrity to get the perks.” Let’s take him at his word. But here’s how you might otherwise know the sly comedian:



### Wet Hot American Summer

Black stars in the best known sequence of this recently Netflix-revived cult favourite: a surprisingly tender love scene with Bradley Cooper. In his new book, Black reveals that they both wore tube socks because Black was so self-conscious about his feet.

### Jim Gaffigan Show

Black plays Daniel, the meticulously put-together antagonist to the show’s everyman titular star. The pair have a gift for repartee on Twitter, too. TORSTAR NEWS SERVICE



## INTERVIEW

### Michael Ian Black shows a vulnerable side in new book

With a pair of deeply honest memoirs, comedian Michael Ian Black has now allowed a public transition from irony-shielded comic prankster to real, fully dimensional person.

And all that pesky humanity has led to some uncomfortable moments.

“Because I have the gift of being unapproachable and kind of a dick, people rarely share with me, but I have noticed that people who have read the book feel like they know me (and) my marriage, and that’s a strange thing to encounter,” he said recently. “It’s especially weird for my wife when people meet her and they’re like: ‘Oh yes, I know all about you.’ That doesn’t go over well.”

The furiously prolific Black — who is simultaneously starring in several shows including *Another Period* and *The Jim Gaffigan Show*, hosting the popular podcast *How to Be Amazing* and compulsively nurturing a massive Twitter following — has returned to the realm of autobiography with the newly released *Navel Gazing*. The book finds the *Wet Hot American Summer* star observing his mother’s stoic struggle



Michael Ian Black’s latest book finds him observing his mother’s struggle with cancer and investigating the physical insecurities that have plagued him since childhood. MIKE POINT/WIRE IMAGE

with cancer while curiously investigating the physical insecurities that have plagued him as long as he can remember.

Somehow, a book about a family member’s grave diagnosis is unfathomably funny.

For this he credits his mother, whom he interviewed extensively and “got to know a lot better.” For instance, Black’s mom followed one of her many major surgeries — which included the removal of her belly button — by taking a marker and scrawling florid thank-yous to hospital staff across her stomach.

Between this intimate mem-

oir and his last, *You’re Not Doing it Right* — which the author says was too personal even for his wife, who has chosen not to read his latest book — Black has revealed depths that even close friends didn’t know he had.

The one place he doesn’t have to worry about those revelations reverberating, however, is Hollywood. “People in show business don’t read,” he said. “There’s little to no danger of them having read my book.”

**How is your mother doing?** Terribly. Her illnesses are non-stop and unabating. That’s a

very hard thing for her to live with and for those of us who love her to live with. But her attitude about it has always been remarkable. It’s inspiring.

### How did she react to your book?

She loved it. There was no pushback about anything, which makes me think she didn’t read it. But she said she did, so that’s good enough for me. That means I can publish it.

### You mentioned your wife

### Martha didn’t want to read it.

**How about your kids?** Oh God, no, not at all. They don’t care about anything.

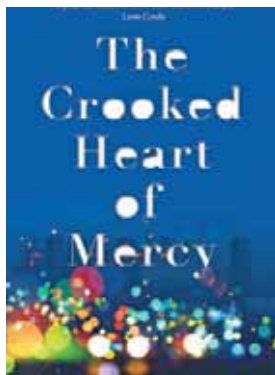
### Even (teenage son) Elijah?

He’s expressed no interest in it and I have no interest in sharing it with him. I assume there will come a point in his life — probably after I suffer a heart attack in the next six months — where he will have some curiosity about his history and my life. Now he has two books he can read for that information.

TORSTAR NEWS SERVICE

## NEW BOOK

# Author credits volatile childhood for her sense of humour



### Sue Carter

For Metro Canada



Billie Livingston has long been haunted by a family story that happened before she was born. Her father — a con artist whom she fictionalized in her 2012 novel *One Good Hustle* — and his first wife lost their two-year-old son after the toddler accidentally fell out a second-story window. “The shame and fear and grief. How do you ever get

over something like that?” asks Livingston.

In her new novel, *The Crooked Heart of Mercy* (Random House Canada), the Vancouver author attempts to answer this question by drawing on real-life stories.

Following the death of her son, grief-stricken Maggie becomes a domestic helper for a woman who worships at a church that encourages after-death visits from loved ones. Meanwhile, Maggie’s estranged husband, Ben, lies in a hospital bed with an un-

explained bullet lodged in his head after taking veterinary drugs. (Ben’s narrative originated with a Florida news story about a young man who shot himself during a bad mushroom trip, believing he was still asleep.)

Completing the triangle of grief is Maggie’s brother Francis, a priest whose appetites for sex and alcohol land him a DUI and the star role in the viral video, “Drunk Priest Propositions Cops.” Bullied horrifically as a child for being gay, Francis — whose

character stemmed from a priest friend of Livingston’s in rehab for alcohol — always found protection in the church, and despite his violations, remains planted in some kind of personal faith.

While *The Crooked Heart of Mercy* could have been mired in bleak hopelessness, Livingston has a light touch, an ability to find moments of humour even in the trio’s heartbreaking situation. It’s a gift she credits to her own volatile upbringing.

Beyond her father’s grift-

ing, her mother was a “pretty severe” addict, and young Livingston spent much of her childhood in and out of foster homes.

“There was a lot of dark stuff in my family,” she says.

“There was always some mayhem going on. That’s how we dealt with the darkest periods, which was to say something completely outrageous, because how else are you going to survive?”

Sue Carter is the editor at Quill & Quire magazine.



# A Making a Murderer primer

## STREAMING

### A guide to the documentary everyone's talking about

The 10-part Netflix documentary series *Making a Murderer*, which casts doubt on the legal process in the case of convicted killers Steven Avery and his then-teenage nephew Brendan Dassey, has prompted celebrities to armchair sleuths to flood online message boards and Twitter feeds.

Authorities involved with the Wisconsin case say the series is slanted and omits crucial facts that led to Avery and Dassey being found guilty in the death of photographer Teresa Halbach.

The filmmakers, meanwhile, are standing by their work that spans nearly a decade and largely concentrates on the defence and perspective of Avery and Dassey's relatives.

The rush of attention has left many wondering: How did we get here? And what's next?

#### The back story

Avery made national headlines in 2003 when he was released after spending nearly two decades behind bars after being wrongfully convicted of rape. Two years later, Avery and Dassey were charged with killing Halbach, who visited the Avery family salvage yard to take photos of a minivan on Halloween. Her bones and belongings were found burned near Avery's trailer. Both were convicted and sentenced to life terms, but only Dassey is eligible for parole — in 2048.

#### The series' take

The documentary strongly suggests the possibility that Manitowoc County sheriff's

deputies planted evidence against Avery, including a key found in his bedroom and blood found in the victim's vehicle. But Sheriff Robert Hermann denied that Tuesday. He said he watched the series: "I call it a film. It's missing a lot of important pieces of evidence."

#### Authorities say doc is biased

The series spends much of its time detailing the perspective of Avery and Dassey family members. The case's special prosecutor, Ken Kratz has told other media outlets that the documentary ignores the majority of the physical evidence. The omissions include the fact that Avery's DNA was found on the hood latch on Halbach's SUV, which was hidden on the salvage lot. Kratz has also said a bullet fired from Avery's gun was found in his garage with Halbach's DNA on it.



**They did not plant evidence ... Quite frankly, I think justice was served in this case.**

Sheriff Robert Hermann

#### The filmmakers disagree

Laura Ricciardi and Moira Demos have stood by their work. They said in an email to the AP that critics who might say they intentionally omitted or underplayed key evidence to make the series more entertaining or tragic are wrong. "Those accusations are untrue and unfounded," the statement said.

#### Online petition

It seems unlikely an online petition seeking a pardon will work. The request posted on Change.org started by

petitioning President Barack Obama, who has no such authority in this type of case, since it's not a federal matter. Wisconsin Gov. Scott Walker spokesperson Laurel Patrick said Tuesday in an email to the AP that the governor hasn't watched the series and that "early in his administration, Gov. Walker made the decision not to issue pardons. Those who feel they have been wrongly convicted can seek to have their convictions overturned by a higher court."

#### The victims

Halbach's brother Mike Halbach has declined comment since releasing a statement from the family before the documentary became public. "Having just passed the 10-year anniversary of the death of our daughter and sister, Teresa, we are saddened to learn that individuals and corporations continue to create entertainment and to seek profit from our loss," the statement read. "We continue to hope that the story of Teresa's life brings goodness to the world."

The victim from the 1985 rape case has declined comment.

#### Viewer reaction

Celebrities have tweeted about how into the series they are, late night talk show host Seth Meyers spoofed it and fake Twitter accounts have been set up for some of the main players in the case. However, Sheriff Hermann said some of his officers have received threats in emails and voice-mails. He said one was from a convicted felon who said an officer should "take his own life, or else he'd come up there and take it for him." Hermann said Tuesday that threat was passed along to Florida authorities to investigate.

THE ASSOCIATED PRESS



Brendan Dassey is escorted into court in 2007 for sentencing. Dassey's case is at the centre of the Netflix documentary series *Making a Murderer*. HERALD TIMES/THE ASSOCIATED PRESS

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MEET THE CONDO

# A Triumph in simple living

## Project overview

The Triumph project is executive-style single family bungalows. Several developments are proving hugely popular in Edmonton, with construction and sales in planned cul-de-sac communities in SW Edmonton and Summerwood in Sherwood Park.

## Location and transit

Triumph Ambleside is situated in the city's southwest, near the International Airport with easy access to the amenities of Windermere, Ellerslie Road and 170 St. SW. Car and transit options are available to get to nearby shopping, recreation and services.

## In the neighbourhood

Ambleside and SW Edmonton is still developing, but nearby Windermere offers shopping and services like the Medical Wellness Centre, and shopping/dining at Currents of Windermere. The River Ridge Golf and Country Club is also a close drive away.

## Housing Amenities

Extra-large master suites and walk-in closets are included in these spacious layouts. Triumph Ambleside bungalows also feature open or traditional layouts, parking, yard space and walkout basements.

## TRIUMPH BUNGALOWS AT AMBLESIDE



CONTRIBUTED

## + NEED TO KNOW

<b>What:</b> Triumph Bungalows at Ambleside	<b>feet</b>
<b>Builder:</b> Streetside Developments	<b>Pricing:</b> Starting at \$464,950
<b>Location:</b> Armour Link SW near Ellerslie Rd and 170 St. in SW Edmonton	<b>Model:</b> Open and traditional main-floor 2-bed, 2-bath layouts, with developable basements
<b>Building:</b> Single family bungalows	<b>Status:</b> Now selling
<b>Sizes:</b> Seven floor plans, from 1,226 square feet to 1,504 square feet	<b>Sales centre:</b> 7115 Armour Link, Edmonton
	<b>Telephone:</b> 780-490-5904
	<b>Online:</b> streetsidedevelopments.com

# 4 BEAUTIFUL BLASTS FROM THE DESIGN WORLD PAST

They say that everything that goes around, comes around. Home decor trends for 2016 are certainly proving that true. Look for inspiration from the 1970s and '80s when accessing the trends for this year— a flashback in time becomes the future for our homes.

**Karl Lohnes**  
For Metro Canada



- Darth Vader Toaster**  
The scariest reminder of the late '70s is now available to imprint your toast each morning. \$75, UrbanOutfitters.com.
- Desigual Denim Folk Duvet Cover**  
Add some jean patches and flower-power for some Partridge family love in the bedroom. \$179, Simons.ca
- Retro Vase**  
They'll think you dug this one up from your grannies basement. \$65, CB2.com
- Dial Dining Table**  
'70s gold and walnut offer up stylish dining from the past. \$900, CB2.com



# Plaid is the it-pattern of the season

## TRENDS

## Design on everything from linens to ChapStick

Plaids are having a fashion moment as retailers and designers play with the classic pattern. But the apparel and footwear industries are sharing the love: Fresh takes on plaid have made headway in housewares and home decor, too.

"The great thing about plaid is that you can take it in so many different directions," said Kristen Chalupa, a kitchen and tabletop product manager for Crate & Barrel.

Through scale, colour and application, plaids can be complex and traditional, or simplified for a clean, updated look, she said.

"There's something very recognizable and nostalgic about plaid," Chalupa said.

Her company went for nostalgia but also took a more modern approach in recent offerings, with updated plaids in table linens and such kitchen items as an oven mitt, pot holder, apron

and dishtowel in a matching pattern of bright red, green, yellow and blue.

Target went "mad for plaid" in a variety of ways, including a limited-edition collaboration with sportswear designer Adam Lippes in mostly apparel and accessories, playing on the classic buffalo design. The retailer also offered some unlikely items such as special-issue Chapstick sets of three lip balms and plaid-decorated bottles of Listerine mouthwash in yellow, green and blue.

Both classic and contemporary plaids are plentiful throughout the retail universe in couches, curtains and bedding.

Pinterest is awash with ways to decorate a home using plaid, including wallpaper in red to anchor a cosy, book-filled study, and building a plaid design in contemporary bathroom or kitchen wall tile.

The design need not scream rustic, country or all things Scotland. Grahambrown.com offers a thoroughly modern take on plaid in a charcoal-and-white wall covering that lends a more sophisticated air against a white floor and contemporary white easy chair. THE ASSOCIATED PRESS



## GET THE LOOK

## Retail goes mad for plaid

Here are a few of the expected and unexpected ways plaid is being used by designers:

## 1 Shower curtains

Plaid gets a wavy, aquatic look in this design by Watershed.

## 2 Throws

Foxford Woollen Mills gives the pattern a soft, subdued look.

## 3 Lip balm

Target puckered up to plaid with this ChapStick.

## 4 Bed sheets

Ellen DeGeneres is on trend with this On Air Cotton Berber Reversible FL/Q Quilt Set.



## SPONSORED CONTENT

## Triple-pane windows create comfy spaces

For energy savings you can count, as well as feel, triple-pane windows are the first choice for homeowners building or renovating.

Durabuilt Window and Doors' triple-pane windows deliver superior air-tightness and protection, preventing winter heat loss and summer heat gain. Triple-pane windows can insulate up to 60 per cent better than their double-pane counterparts. The dual seal combination keeps the glass surface warmer in the winter months and cooler in the summer season, especially on the inside.

Most Durabuilt triple-pane windows exceed performance standards and hold Energy Star ratings for more extreme climates.

Durabuilt's windows feature an all-foam super spacer, which means no metal conductivity and better thermal performance. The Urban Green Council reported in 2013 that the City of New York could help reduce greenhouse gas emissions 90 per cent by 2050 if every building in the city were retro-fitted with triple-pane windows.

The added insulation that triple-pane windows provide improves relative humidity



CONTRIBUTED

levels in your home. Warmer window surface temperatures reduce condensation and more moisture stays in the air. For this reason, triple-pane windows are highly recommended for cold, dry climates.

Besides increased energy efficiency and improved relative humidity levels, triple-pane windows offer noise reduction by trapping sound waves in the first glass chamber. With the close proximity of neighbours and increased traffic of modern, urban life, this is a bonus that's hard to overlook.

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Lakers GM Mitch Kupchak told ESPN that Kobe Bryant's retirement tour comes ahead of the development of L.A.'s young players

## IN BRIEF

### Preds trade Jones for Blue Jackets' Johansen

The Nashville Predators traded defenceman Seth Jones to the Columbus Blue Jackets for centre Ryan Johansen on Wednesday, giving up a young piece of their defence in search of some more offence.

Johansen, 23, has 79 goals and 114 assists in 309 career games and was the fourth overall pick in the 2010 draft. Jones, 21, was the fourth overall pick in the 2013 draft.

THE ASSOCIATED PRESS

### Royals re-sign Gordon

All-star outfielder Alex Gordon agreed to a \$72-million, four-year deal Wednesday to remain with the World Series champion Kansas City Royals.

Gordon hit .271 with 13 homers and 48 RBIs in 104 games last season.

THE ASSOCIATED PRESS

### LeBron and his marketing group drop Manziel

LeBron James and his business partners — LRMR marketing — will no longer work with Browns quarterback Johnny Manziel, who missed Cleveland's season finale Sunday after he was spotted partying in Las Vegas over the weekend.

A spokesman for James said the sides mutually agreed to end their relationship, which began shortly after Manziel was drafted into the NFL.

James expressed concern for Manziel "individually." THE ASSOCIATED PRESS

# Griffey called to the Hall in record fashion

## BASEBALL

### Junior elected along with slugging catcher Piazza

Ken Griffey Jr. was considered Mr. Clean during 22 years in the major leagues, untainted by accusations of drug use as he climbed the home-run list during the height of the Steroids Era.

He nearly made a clean sweep in Hall of Fame voting.

Griffey received 437 of 440 votes in his first appearance on the Baseball Writers' Association of America ballot, a record 99.3 per cent.

"It's real simple," he explained after Wednesday's announcement. "I've always said that I've got to look my kids in the eyes and you want to play fair."

Mike Piazza, the top offensive catcher in baseball history, was elected, too, and will be inducted along with Griffey in Cooperstown on July 24. Among the many muscled sluggers whose accomplishments were questioned during a time when chemists preyed on clubhouses, Piazza was made to wait until his fourth appearance on the ballot. After falling 28 votes shy last year, he was selected on 365 (83 per cent).

Griffey topped the previous high percentage of 98.84, set when Tom Seaver appeared on

425 of 430 ballots in 1992. The identities of the three writers who did not vote for Griffey was not immediately known.

"I can't be upset," he said. "It's just an honour to be elected, and to have the highest percentage is definitely a shock."

A player needs to appear on 75 per cent of ballots to gain election. Jeff Bagwell missed by 15 votes and former Montreal Expos outfielder Tim Lincecum by 23.

With a younger average electorate, Roger Clemens rose to 45 per cent and Barry Bonds to 44 per cent, both up from about 37 per cent last year. Clemens

has denied using performance-enhancing drugs, and Bonds said he never knowingly took any banned substances.

"They were Hall of Famers before all this stuff started," Griffey said.

Mark McGwire, who admitted using steroids, received 12 per cent in his 10th and final ballot appearance.

Griffey was a 13-time all-star and 10-time Gold Glove winner who finished with 630 homers, sixth on the career list.

Piazza, meanwhile, hit better than .300 in nine straight seasons and finished with 427 home runs, including a record 396 when he was in the game behind the plate. He was a 12-time all-star.

THE ASSOCIATED PRESS



Mike Piazza  
GETTY IMAGES

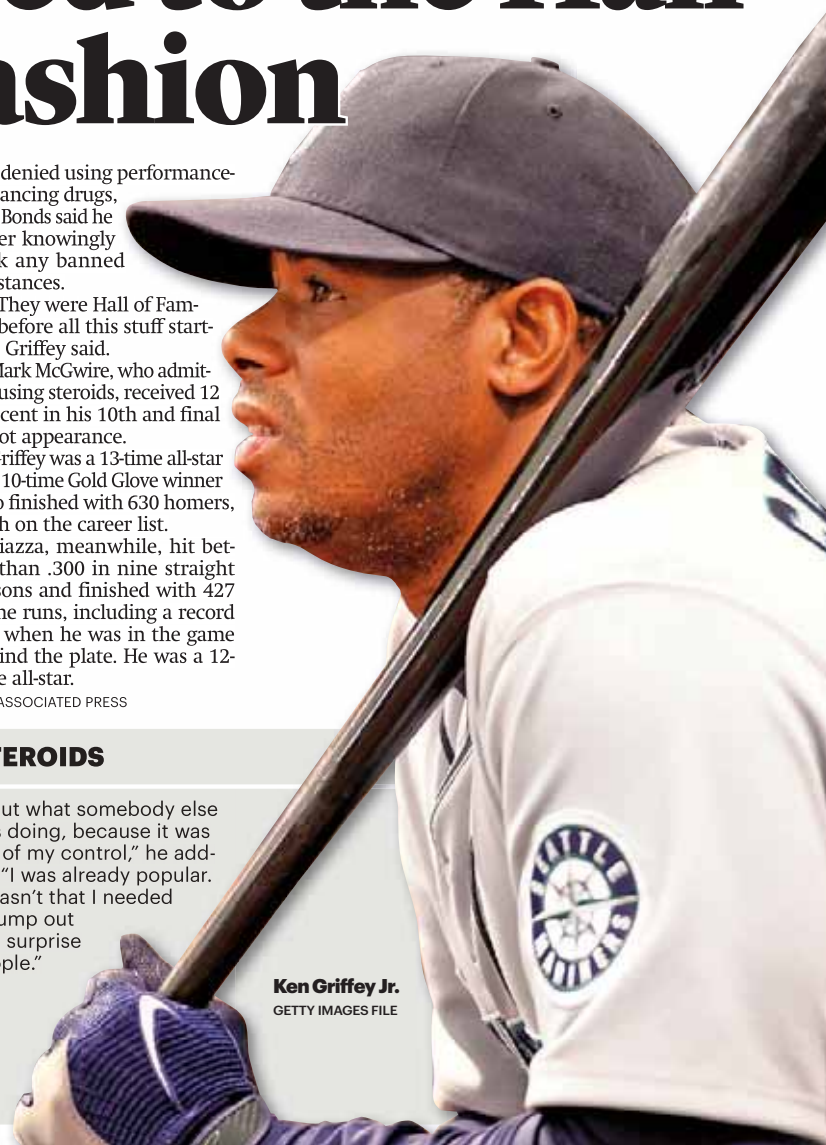
## + NOT PUMPED FOR STEROIDS

Griffey said he never was tempted to use steroids.

"I also had a dad that said you're never going to be the biggest, you're never going to be the strongest and you're never going to be the fastest," he said. "There's always going to be someone in each of those categories, but the one thing they can't do is outwork you."

"I never really worried

about what somebody else was doing, because it was out of my control," he added. "I was already popular. It wasn't that I needed to jump out and surprise people."



Ken Griffey Jr.  
GETTY IMAGES FILE

## NHL

# Crosby excluded from all-star team

The upcoming NHL all-star game will be missing one of the sport's top players.

Pittsburgh Penguins forward Sidney Crosby wasn't included on the roster list Wednesday for the league's mid-season showcase in Nashville on Jan. 30-31.

As part of a new format this year, players will

take part in a three-game tournament, played in a 3-on-3 format, and featuring teams representing each NHL division.

Veteran centre Evgeni Malkin and defenceman Kris Letang will represent the Penguins on the Metropolitan Division team. Roster limitations — six forwards, three defencemen and two goalies for each division — led to Crosby's exclusion.

Crosby, a 28-year-old native of Cole Harbour, has appeared in only one all-star game (2007), missing three due to Olympic commitments

## + CAPTAINS

Earlier, fans voted Florida's Jaromir Jagr (Atlantic), Chicago's Patrick Kane (Central), Washington's Alex Ovechkin (Metropolitan) and Arizona's John Scott (Pacific) as the division captains.

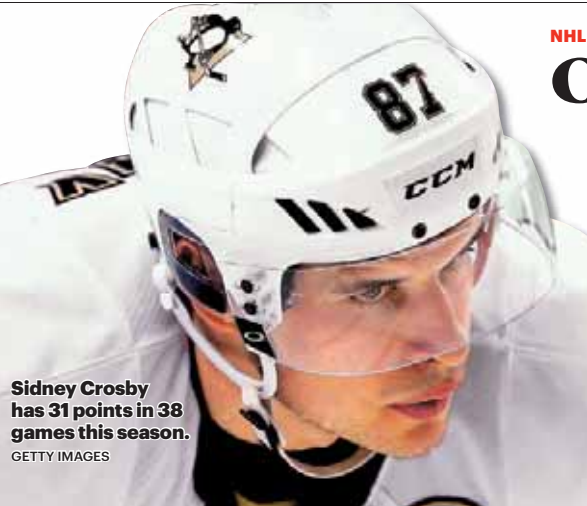
and five because of injuries.

His numbers this season are decent but not at their usual level.

Since his 102-point rookie campaign in 2005-06, Crosby has averaged over a point per game in every season until this one. His play has improved of late but he still entered Wednesday's game in Chicago with 31 points (12 goals, 19 assists) in 38 games.

Forward Leo Komarov of the Toronto Maple Leafs and defencemen Erik Karlsson of the Ottawa Senators and P.K. Subban of the Montreal Canadiens were named to the Atlantic Division team.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS



Sidney Crosby  
has 31 points in 38  
games this season.  
GETTY IMAGES





Green Bay QB has started 11 post-season games while Redskins QB Kirk Cousins has only played in one. WESLEY HITT/GETTY IMAGES

# Packed full of experience

NFL

## Redskins can't match Green Bay's rich past in post-season

Two straight losses to finish the regular season sapped the Green Bay Packers of momentum going into the playoffs.

They do have at least one distinct advantage in their wild-card matchup this weekend against Washington. Been there, done that. Green Bay is making its franchise-record seventh straight post-season appearance. The New England Patriots are the only other NFL team that has been to the playoffs seven straight years.

"I think that you can harness the feelings and the things that worked in the wins and also think back on the feeling when you lost and your season's over and you try to use that as motivation," quarterback Aaron

Rodgers said Wednesday.

"It can really give you the inspiration to work a little bit harder during the week and try to execute a little bit better," he added.

The longest-tenured Packer, Rodgers has started 11 post-season games and played in the post-season each year since 2009.

The Redskins will be making just their fifth playoff appearance since 1993 and first in three seasons, when they lost a wild-card game at home to Seattle. Washington quarterback Kirk Cousins played in that 24-14 loss on Jan. 6, 2013, entering in relief of injured starter Robert Griffin III. It is his only post-season appearance.

Said Cousins: "Playing at home can certainly help our ability to play at a high level, but as far as does it offset things? I don't know. But I do know (the

Packers are) a very experienced, talented team." Looked at another way, Green Bay has 212 games of play-off experience on its roster compared with 76 for Washington, according to STATS.

**Playing at home can certainly help our ability to play at a high level.**

Redskins QB Kirk Cousins

free agents, like defensive linemen Terrance Knighton and Ricky Jean Francois, and safety Dashon Goldson, who together have 19 games of post-season experience.

"We've got some veteran guys on this team that have really done a great job as far as leadership's concerned of showing the young guys how to work and prepare and make sure they do the right thing," Redskins coach Jay Gruden said. But those experiences still pale in comparison to Green Bay, where seasons

## + ROUNDUP

• Chiefs linebacker Justin Houston confirmed Wednesday that he plans to play in Saturday's wild-card game in Houston, his first game since hyper-extending his knee in November. THE ASSOCIATED PRESS

• New England Patriots quarterback Tom Brady says his right ankle is feeling better. Brady walked without an apparent limp for his media availability on Wednesday. He said getting the week off before the Patriots' first playoff game will be helpful. THE ASSOCIATED PRESS

• Canadian offensive lineman Ben Heenan is getting another shot at cracking the Indianapolis Colts' roster. The NFL team has signed the Regina guard to a contract. THE CANADIAN PRESS

are judged more by how far the team got in the playoffs rather than just making it.

"That's the expectation and that's what we're all about," second-year receiver Jared Abbrederis said. "It's a good thing to be around." THE ASSOCIATED PRESS



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## RECIPE Pumpkin Gnocchi



PHOTO: MAYA VINNETI

**Ceri Marsh & Laura Keogh**  
For Metro Canada



So good it's worth the effort.

**Ready in**  
Prep time: 60 minutes  
**Serves 4**

**Ingredients**

- 1 1/2 cups pumpkin puree
- 3/4 cup fresh ricotta
- 1/2 cup Parmesan cheese, finely grated
- 1 Tbsp brown sugar
- 1 tsp salt
- 1/4 tsp nutmeg
- 1 1/3 cups flour
- 1/2 cup butter
- 1/4 lb cremini mushrooms, cleaned, trimmed and sliced
- 3 Tbsp fresh sage, chopped

**Directions**

**1.** In a large bowl, combine potato puree with ricotta until well blended. Add the Parmesan, sugar, salt and nutmeg and blend. Add a 1/2 cup of flour at a time until a soft dough forms.

**2.** Turn dough out onto a well-floured surface and separate into 3 or 4 pieces. Using your hands, roll dough out into a long, even tube, about 10-inch in diameter. With a sharp paring knife, cut each rope into about 20 pieces. Keep working until you have about a 60 pieces.

**3.** Bring a big pot of well-salted water to a boil.

**4.** Melt butter in a large skillet until it starts to brown. Add mushrooms and sage and cook for 3 minutes, and remove from heat.

**5.** Add gnocchi to the boiling water about a dozen at a time. Cook each batch for about 5 or 6 minutes, until the gnocchi floats to the top. Allow water to return to a boil between batches. Place cooked gnocchi in a large bowl and set aside.

**6.** Once all of the gnocchi is cooked, put the skillet back on the heat. Add your gnocchi and allow it all to heat up together. Gently stir so the pasta gets covered in the sage butter. Serve with a fresh sage for garnish.

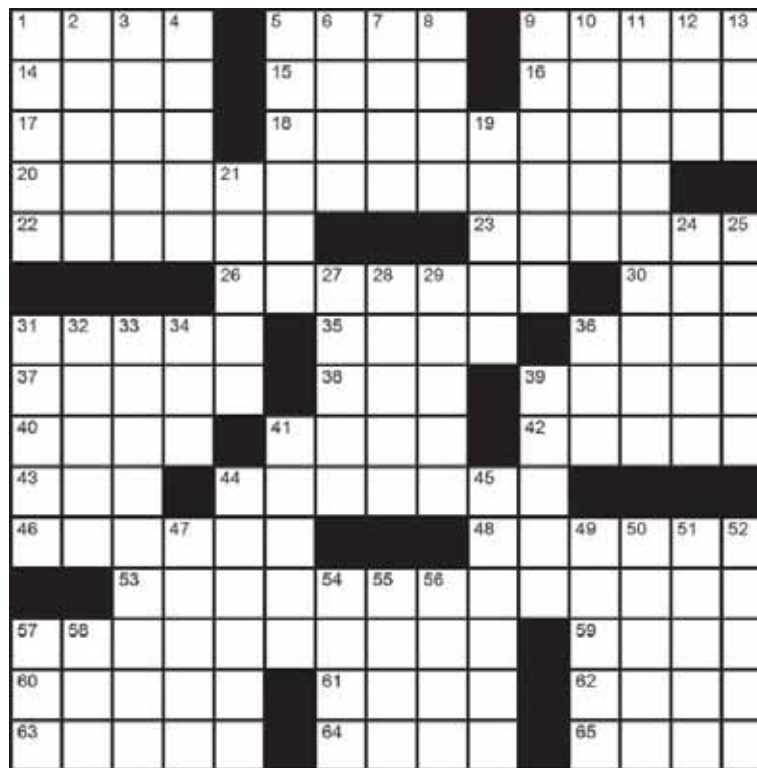
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

- 1300 in ancient Rome
- Mail
- Record label
- Director Mr. Petri
- Entreaty
- Sir Newton
- Composer Mr. Schiffrin
- Crown Royal Northern \_\_ (Canadian drink which is the 2016 World Whisky of the Year winner as chosen by whisky-expert-from-Britain Jim Murray)
- Vancouver-born singer/songwriter, lead singer of Chilliwick: 2 wds.
- Three sharps music key: letter + word
- Meal
- Whistlers in kitchens
- French 'tea'
- Stockpile
- Tilled
- "Buenos \_\_!"
- Metal mixture
- Decide
- Make a funny noise when laughing
- Scratch
- Math course, for short
- Canadian actor Dean McDermott's mother-in-law
- Olde-style word
- Bitterness
- Shoe part
- Rent your apart-



- ment out  
53. Tossed workout items: 2 wds.  
57. \_\_ Milk (Product by #11-Down)  
59. Lioness in "The Lion King" (1994)  
60. French com-

- poser, Erik \_\_ (b.1866 - d.1925)  
61. Crate strip  
62. Mideast ruler, variantly  
63. Toboggans  
64. Choir member  
65. Glasgow gal

**DOWN**

- Grissol product, \_\_ Toast
- Insurance filing
- "You're My World": 1964 hit for \_\_ Black
- Actor/rap-

- per, LL \_\_  
5. Globe  
6. Exuberance  
7. Dweeb  
8. Canadian comic actor Mr. Foley  
9. Slangy insults  
10. Impede, in law

- As per #57-Across... Food brand with a flowery name and logo
- Islet
- Champion
- Boo-boooed
- Overly sentimental
- The \_\_ (Tallest building in London in England)
- Irritable
- Rose's ouch-inducer
- Subject
- Avril Lavigne's 2002 debut album: 2 wds.
- Mojave plants
- "\_\_ the Family"
- Fellow student
- By what method?
- Genetic stuff
- Exfoliating \_\_ (Skincare product)
- South American animal
- Changes
- "Man I \_\_ Be" by k-os
- Lukewarm
- Vapid
- Andes animal
- Island near the Statue of Liberty
- Sovereign sorts
- House, in Havana
- "\_\_ be okay." (There, there)
- Clean-cut
- Cousin of -enne
- Ms. Bertinelli, to pals

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
You will be taken by surprise no matter how prepared you are today. Changes on the work front may be unsettling but if you stay calm and use your head you can easily change them to your advantage.

**Taurus** April 21 - May 21  
You have a lot of new responsibilities and are wondering if you are doing too much. Things will get on top of you today to such an extent you'll be forced to cut back on commitments.

**Gemini** May 22 - June 21  
It is too late to back out of something you thought would be easy — you must go through with it. Strive to make a good job of it and, next time, don't volunteer so eagerly.

**Cancer** June 22 - July 23  
The Sun is at odds with Uranus, planet of changes, and it will shock you out of your complacency. You've coasted along long enough — now you must live up to your potential.

**Leo** July 24 - Aug. 23  
Try not to attach too much importance to minor setbacks. Deal with problems as they arise and don't take anything too seriously. Your attitude to what happens is most important.

**Virgo** Aug. 24 - Sept. 23  
Something will force you to change your plans but you don't have to abandon them altogether. The route you were planning to take may be blocked but there are other ways to reach your destination. Be flexible.

**Libra** Sept. 24 - Oct. 23  
You won't get your way today, especially on the home front. You are advised to let partners and loved ones call the shots just this once.

**Scorpio** Oct. 24 - Nov. 22  
Forces over which you have no control will upset your plans but the long-term forecast is still good. You may even be pleased that you were compelled to change direction. Everything happens for a reason.

**Sagittarius** Nov. 23 - Dec. 21  
Try not to fall out with a friend today because it may be a long time before you get the chance to make up again. What they do may be annoying but you will only make matters worse if you make a big deal of it.

**Capricorn** Dec. 22 - Jan. 20  
Like it or not you will have to admit that no matter how much you might want to fit into a certain environment it was never meant to be. Today's Sun-Uranus link indicates it is time to bring to an end something.

**Aquarius** Jan. 21 - Feb. 19  
Be true to your principles and do the right thing. Your reputation will surely head south if you cut corners or try to get round the rules. There is much more than money at stake.

**Pisces** Feb. 20 - March 20  
You'll find lots to occupy your mind today, if you enjoy a challenge. But if you're the type who gets upset when nothing goes right you might want to stay in bed a few hours longer!

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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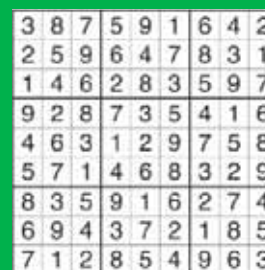
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**\$146**  
BI-WEEKLY

**Was**  
**\$26,440**



**2015 CAMRY LE UPGRADE PKG**

STK#F081543, Heated Seats

**\$24,466**

**\$151**  
BI-WEEKLY

**Was**  
**\$28,575**



**2015 CAMRY XSE**

STK#F069716, 4 Cylinder

**\$24,981**

**\$154**  
BI-WEEKLY

**Was**  
**\$30,180**



**2015 CAMRY XSE UPGRADE PKG**

STK#F959685

**\$26,540**

**\$163**  
BI-WEEKLY

**Was**  
**\$32,080**



**2015 CAMRY SE**

STK#F089153, Heated Seats

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**\$146**  
BI-WEEKLY

**Was**  
**\$27,180**



**2015 CAMRY XLE**

STK#F953600 4 Cylinder

**\$27,608**

**\$169**  
BI-WEEKLY

**Was**  
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